

BRIDGES

FAVOURITE PLACE:

Peter Mills is always on the lookout for a deal at the Vinyl Exchange **P.7**

FASHION:

Don Rice shows off his classic Riders and Expos attire **P.14**

ON THE SCENE:

Bridges catches all the excitement as Pink performs at CUC **P.20**

WEDNESDAY, JANUARY 22, 2014

A STARPHOENIX COMMUNITY NEWSPAPER



GRACE NOTES

HOW DAVID KAPLAN
BECAME A LEGEND
IN MUSIC - AND LIFE
P.8

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INVENTORY

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THRIVE Juice — from 57 to 59, submitted photo



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David Kaplan shows off some of his instruments at his home in Saskatoon. *BRIDGES PHOTO BY MICHELLE BEERS*

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MY FAVOURITE PLACE PG. 7



CBC reporter Peter Mills loves the Vinyl Exchange, especially the boxes of 51 records. *BRIDGES PHOTO BY MICHELLE BEERS*

BRIDGES COVER PHOTO BY MICHELLE BEERS

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CITY NEWS

NUTRITIONIST

Seniors need to take charge of their health

By Edna Manning

Centenarians, including seniors, are becoming increasingly aware of the need to take charge of their health. They are recognizing there are steps they can take to build their immune system and prevent illness.

"I am receiving more and more requests to do talks for seniors," says Paulette Mills, a nutritional consultant, writer and speaker. She's been conducting healthy living and eating workshops for over 30 years and has written five books on health and nutrition, including *Eat Anytime Diet*, *Strategic and Strategic for Healing* which hit the New Britain best seller list at McNelly Robinson in Simsbury and Winsted.

"By changing our lifestyles we can build healthy habits that will restore our immune systems, give us more energy and keep our minds sharp and clear. Drugs may get rid of symptoms but they don't heal the body. Healing and rebuilding comes from the inside and takes time," she explains.

The following are four areas seniors may wish to focus on when it comes to nutrition and wellness, Mills says.

The first is dealing with the fact that digestion becomes less efficient as we age. "When we can't digest certain foods properly the nutrients are not being assimilated. In addition, we tend to eat less, particularly if we're living alone. These factors result in a huge deficit of nutrients."

Strengthening the diet is vital to good digestion. This means correcting protein intake, eating only complex carbohydrates such as rice, oats and seeds, whole grain products and legumes and making sure our diet includes healthy fats and oils. Using natural enzymes will also improve digestion.

The second area of attention is

the brain. Healthy fats and good quality protein trigger the production of seven chemicals that improve concentration, alertness and clear thinking. Natural fats include avocados, raw nuts and seeds, naturally occurring fats in organic meats and wild fish, cold pressed olive oil, organic coconut oil and butter. We need the correct amount of protein throughout the day such as yogurt, eggs, chicken and fish or legumes and grains if you are eating a vegetarian meal.

Dealing with memory issues is also of concern to many seniors. Mills says B Vitamins are essential for the health and proper function of brain cells. "They help to control moodiness, confusion, insomnia and fatigue. Green leafy vegetables and whole grains like oatmeal are good for memory."

Bone health is important as we age. Two major nutrients — calcium and Vitamin D — are essential and it's necessary to have them together. Mills stresses. These nutrients are found in eggs, butter, blackstrap molasses, greens such as spinach and kale, sesame seeds (hemp), salmon, sardines and yogurt. "I suggest taking a Vitamin D supplement, particularly during the winter," she adds.

In addition to good nutrition, what other lifestyle habits are important for seniors to implement?

- Learning something new all the time will help keep the brain active.
- Doctors show that regular exercise three or four times a week decreases the risk of dementia by 30 to 40 per cent.
- Exercise regularly — get out and do things with family and friends.
- Hobbies are important — gardening, puzzles, wordwork, reading, woodworking, etc.

Mills is offering free shipping with online purchases of all five of her books. Visit www.healingwithnutrition.com or phone 800-244-9850.



Paulette Mills is a nutritional consultant, writer and speaker. She has written five books on health and nutrition. SHOT BY MICHELLE HARRIS



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IN THE CITY

JANUARY 19, 2014 — 1:25 P.M.

Blue Rodeo a hockey hit



Blue Rodeo's Jim Gaddy plays along with members of the WFL's Saskatoon Blades during a community skate event at the St. George's School rink in Leeson Heights in Saskatoon. PHOTO BY MICHELLE HEND

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon. Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Scouring crates for the thrill of discovery

By Sean Tremblath

A trip to the Vinyl Exchange takes Peter Mills back to his younger days.

The CBC reporter has been going to the store since before high school, looking for good music and cool things.

He showed us the best crates to dig in, and told us what makes this longtime downtown fixture one of his favourite places in the city.

Q: How far back do you go with the Vinyl Exchange? Do you remember your first visit?

A: Around Grade 11, I think. It was the first time. My sister introduced me to it. She was big into metal, alternative, rock and punk, and that was one of the first places you could get those kind of CDs. So my first introduction to them was actually CDs rather than vinyl.

But inside there were stories saying it was going to close down, so I always tried to come and do my part by shopping there.

I got my first record player in 2006, and I would always go there because they had the best selection of obscure albums.

Q: Do you remember the first record you ever bought there?

A: Well, the first one I ever owned was from there. It was *METRIFRUIT*. It was a gift, but it came from there.

Q: Do any purchases from the store stand out in your memory?

A: The most part about Vinyl (Exchange) was always that they would let you listen to CDs or records beforehand. I'd heard of this band Death From Above 1978 and I decided to give it a listen. I put it on, and after 30 seconds I decided



CBC reporter Peter Mills poses the Vinyl Exchange, especially the boxes of \$1 records. VINYL EXCHANGE PHOTO BY MICHELLE KELLO

to buy it. It's been one of my favourite bands ever since. That was cool, because I don't think I would have found it like that in any other place.

Anytime you go through the \$1 boxes is also a highlight. You'll go through so many and not find anything — just the Red Strawberries and Jackson Browne side and over — but then you find some gems.

Q: Any examples of unique \$1 finds?

A: Yeah. I like to collect Sas-

katchewan records. Sometimes you'll find one in the original packaging of some middle band from somewhere in the middle of Saskatchewan.

One obscure one that made me really happy was Dolly Parton and Kenny Rogers' *Christus* was album. I grew up with that, so it was a great find.

I also like to collect Bill and Orlan and Ted Nugent. You can find those anywhere. You can get an entire discography from the 60s, and they're just fun to collect.

Q: Does the store hold the same as you remember from when you started going?

A: Pretty much. It still looks the same and smells the same. When you walk in that's Vinyl Exchange, just the way it smells.

The gaps have been making these boxes. They have so much stock music. You always come in and hear something you've never heard before, and they'll tell you about it.

The location on the wall, too.

When we were in Grade 11 or 12, that was a cool thing in your group, if you had a brand new leader from Vinyl Exchange. I had a Month 98 leader for 30 years. I just got rid of it last year.

Q: Do you worry about stores like Vinyl Exchange going out of business?

A: I would have a couple years ago that vinyl is so big now. There's so many record stores in the city and they're all good. Vinyl Exchange is closest to

me, and the one I've been going to the longest. I think they're going to be pretty good for a while. Vinyl sales have been going up awhile so that can't hurt.

Q: What is the one record you'd like to find there one day?

A: The Death From Above 1978 double LP on pink vinyl. I've never been able to find it. And any record by Arrested Development.

Contributed by thestarphoenix.com
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ON THE COVER

He is part of the glue that brings and keeps different cultural and ethnic groups in this city together. — James Gillis

DAVID KAPLAN

His influence in Saskatoon goes beyond music



David Kaplan shows off some of his instruments at his home in Saskatoon. TREMBATH PHOTO BY MICHELLE BOND

By Sean Trembath

David Kaplan no longer travels the world experiencing the music of various cultures. At 90, it's not as easy to get around. Now the music comes to him.

On a cold winter day in Saska-

toon, his kitchen table is a staging area for two instruments, the latest addition to a collection of hundreds from every corner of the globe. He can't even say exactly how many he owns.

If you ask me that question next week, it will change by one or two

It's not that I'm purchasing but they come to me in all kinds of ways," Kaplan says.

On one side of the table there's a ruyi, a flute-like woodwind popular in Syria and Iraq, sent by a friend in the Middle East. On the other, a small, Swedish drum, slightly

worned with age, sent by someone who heard it in South America and thought of him.

The constant stream of gifts is testament to the number of people Kaplan has touched worldwide. But his most important legacy is here in Saskatoon, where he has been shaping

the musical and cultural landscape for over 30 years. He spearheaded the development of the University of Saskatchewan's music department, established and led numerous musical groups, and helped put together events designed to unite the city's various ethnic groups.

It's like the key to a door. An instrument can be a very important key to a culture
—David Kaplan



David Kaplan with one of his music instruments from around the world. He plays piano in GOSH AIN'T HEAT.

"It is part of the glue that brings and keeps different cultural and ethnic groups in this city together, and he was music to do that," says James Griffin, a longtime colleague who occasionally performed city concerts to deliver Del. 12-2003 — Kaplan's 90th birthday — as "David J. Kaplan Day" in Swanton.

Kaplan's ability to reach so many has made him a fan of the city. He has never been able to afford to be the generally accepted practice of a true or place. Instead, he thinks happy and wider. The time, the way things are, and the way they need to be. Music shouldn't be kept to the rich, or the well-born, or even the well-trained.

Learning about music, and the tools used to make it, is a way of understanding each other.

according to Kaplan.

"It's like the key to a door. An instrument can be a very important key to a culture," he says.

Growing up on the west side of Chicago exposed Kaplan to a cultural mosaic from the very beginning.

"Where I went to school, there were many different cultures. There were people from Italian backgrounds, Jewish backgrounds. Some people, people of color," he says.

His father was a doctor making house calls to families at a cost of two dollars.

Continued on Page 10

Authentic Amish Cooking



Copyright © 2004 Authentic Amish

Tuna Melt Pie

2 8 oz cans Tuna
2 med. Onions, chopped

2 C. Shredded Cheese
1/2 C. Butter

Pre-heat oven to 350°F. Spread the tuna and butter and onions in cooking dish.

Mix together:

1 C. Shredded

1 1/2 C. Milk

dash of Pepper

3 Eggs

Pour over tuna mixture. Bake at 400°F for 25-30 minutes. Top with the rest of the cheese and bake until melted.



Strawberry Banana Delight

1/2 C. Strawberry Jelly
(2 oz. boxes)

1 1/2 C. Shredded sliced Strawberries

1 C. Mashed Bananas (3)

1/2 - 1 C. Walnuts, chopped (optional)

31. Sugar

1 C. Boiling Water

1 can 20oz Crushed Pineapple unsweetened

2 C. Sour Cream

1/2 t. Vanilla



Combine jelly in water. Stir in strawberries, pineapple, bananas and nuts. Pour half of the mixture into a 9 x 13 dish. Refrigerate for 1 hour or until set. Set the remaining mixture aside. Combine the sour cream, sugar and vanilla. Mix well. Spread over chilled jelly mixture. Spoon the remaining mixture on top. Chill overnight.

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In the world of music, you don't just want to be a trumpet player. You want to know about the history of everything and why it came about, and you want to know the theory that was going on in the composer's head. That's what he helped to set up. — Brian Unverzicht

"Many of the people he studied didn't have two dollars to rub a towel. I knew what it was like to have shabbiness covering the house," Kaplan says.

His mother played the piano, his first window into music. He was lucky enough to go to an elementary school with a full orchestra, allowing him to develop quickly.

He couldn't afford to buy all the sheet music he wanted to play, so he took the train to the library and copied orchestral scores by hand.

As a teenager, he made a name for himself as a soloist on the clarinet and started to play weddings and clubs.

He spent four years during the Second World War in the U.S. army band. He traveled all over the country, playing with stars like Mickey Rooney and Judy Garland, to sell war bonds and help recruitment.

It was during one of these trips — to play at the Kentucky Derby — that he met a lovely student named Henriette.

The best horns, whistles and guns all came from Kentucky, he says with a smile. And so, when he returned to Chicago after the war, he brought a horn.

Kaplan studied music at Roosevelt University in Chicago and made some nice cash teaching at a conservatory and gigging around town. One particular gig from that period stands out in his mind.

"There was a couple rough periods, just outside of Chicago, when I worked at a little place where very beautiful women shed their clothes. They have a word — burlesque," he says.

Even then, he wasn't one to look down on people from certain walks.

"The women were just absolutely wonderful. They were not prostitutes; they were not people of ill repute. They were earning their living, and just like me, they got on the L (train) to get home," says Kaplan.

He completed his degree, then moved around the U.S. for over a decade. He lived in Ohio, Western Illinois and Michigan before taking a job teaching music at West Texas University.

Texas in the 1950s was not known for racial harmony, but again, Kaplan defied convention. He made a phone call from one of his students during that period. "The house on the following Saturday across the hooding today, but it was the very same people again."

"Professor Kaplan, there's a couple students here who say they have lessons with you."

"Oh yes, they're from one of the wrong places."

"But Professor Kaplan, they're doctors!"

"I know. Just tell them it's the right there."

He left Texas to study for a PhD at Indiana University. It was there he saw a bulletin board posting about a job at a school in a Canadian province he couldn't pronounce.

The U of S needed someone to teach music to education students, and they needed it quick.

"They had found a young man in Toronto. The guy came out here and brought an suitcase. He found out what the climate is like and headed right back. They were stuck," says Kaplan.

He got the job and came to Saskatoon in 1960. He was on a two-year leave from Indiana. He never left.



David Kaplan plays the piano at his 80th birthday party with family and friends at TCU Place on Dec. 12, 2019. (Saskatoon Herald/Arts & Photo)

I know a lot of people in the (Saskatoon) music community. Many of them are music teachers and, almost to a person, they look to him as the linchpin to them being music teachers. They always look back to him as their mentor.

— James Gullins

Kaplan arrived with high hopes and detailed lesson plans, but soon learned both needed revising. His students had much less music talent than he had expected.

"It had nothing to do with the intelligence of the people. They just hadn't had the opportunity I had growing up in Chicago. Not even close," he says.

He was well liked by his students despite being a notoriously hard worker.

"If you got a B you were happy — in an undergrad class. He expects a lot of himself and of people around him," says Brian Eisenmicht, a former student who would later teach at the music department.

Kaplan established a concert band, something the dean told him was very unusual at a Christian university, using borrowed instruments

and sheet music. It still exists today as the University of Saskatchewan Wind Ensemble.

His two-year term came up quickly but he wanted to stay.

"I made an appointment with the dean and said, 'I'm thinking of purchasing a house. What do you think I should do?'" says Kaplan. The dean told him to go ahead and just wait, trying his status as a Saskatchewaner.

When Kaplan started there were two music departments — one in Education where he worked and one in Arts and Sciences. He was instrumental in their unification, and served as head of the department from 1960 until 1982.

He spent a decade conducting the Saskatoon Symphony Orchestra. He also led the youth orchestra, and helped establish summer music camps to further children's education.

Continued on Page 12



David Kaplan shows off some of his instruments at his home in Saskatoon. PHOTOS BY MICHELE BERG

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Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area that my backyard with your family and friends and enjoy some time away from the city. Borrow a family Nature Activity Mat-Pac and take a trail — nature awaits!

Guess what kids? You can send your questions to me at the address below

Dear Chip,
Do Red Squirrels Hibernate?
Bk



Dear Bill,

Just think, if you were a hibernator you could go to bed one week and the next time you woke up it would be spring! What a great way to wait out the winter. Many animals, such as chipmunks and ground squirrels, settle in for a long winter's nap in the fall and aren't seen again until late March or early April. Unlike these animals, Red Squirrels are seen year round because they do not hibernate. During the summer and autumn months, Red Squirrels spend most of their time scampering through the forest harvesting the food they will need to survive the winter. Red Squirrels love to eat the seeds of spruce cones. They can gather, and cache up to 14,000 cones in one season! In northern Canada, Red Squirrels turn their garbage heaps of used cones into winter insulation by building tunnels and nests inside them. Red Squirrels that live in deciduous forests rely on things like rose hips, mushrooms, and the buds or catkins of alder, aspen, and birch.

Send your questions to me at the address below. Then watch Billings for the answers

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They had found a young man in Toronto. The guy came out here and bought an almanac. He found out what the climate is like and headed right back. They were stuck (with me). — Kaplan

All the while he was teaching the farm teachers.

"I know a lot of people in the (lower) music community. Many of them are music teachers and, almost to a person, they look to him as the bridge to their being music teachers. They always look back to him as their mentor," says Gilis.

Kaplan found time to travel, on challenging incredible 18-month trip that took him to 26 countries. He started in Australia, hit Southeast Asia, the Middle East, Scandinavia and Eastern Europe, including Soviet Russia during the Cold War, as one Kaplan refers to as "the hots campaign."

Those travels allowed him to further build his collection of instruments. His eyes light up as he remembers a market in Istanbul, Turkey.

"This was the street of the instrument makers. Think of an alchemist surrounded by all kinds of trees here," Kaplan says.

He saw Ryszard, who became famous in the Western world for his work with The Beatles, play in India. It's the first concert Kaplan brings up when asked for highlights from his travels. He later brought Shostakovich to play at the U of S.

On a trip to Korea, he felt that the academic of a music conservatory were abstaining from the true local music, so he got student to sneak him out to see a folk lesson for their drumming and dancing.

Back at the U of S, he established courses focused on world music and history, using his collection and experience as teaching aids.

Even when covering Baroque composers, he refused to focus solely on "Bach, Handel and Mozart and the boys," according to Ummrich.

"In the world of music, you don't just want to be a trumpet player. You want to know about the history of everything and why it came about, and you want to know the theory that was going on in the composer's head. That's what he helped to set up," says Ummrich.

Even after Kaplan stepped down as department head, he kept teaching at the U of S for over a decade before retiring for good in 1980. He continued participating in all



David Kaplan was head of the music department at the U of S and was conductor of the Saskatoon Symphony Orchestra. (GREGG FOLEY PHOTO BY MICHAEL ANDREAS)

sorts of musical groups in the city like the one in which he, Gilis and other locals play Klezmer, a traditional Jewish music style.

He has composed pieces for the Saskatoon symphony and many other groups. He also does community work through his local Rotary club and other organizations.

"He has given so much in a huge

box of terms," says Gilis.

♦ ♦ ♦

The Saskatoon Kaplan lives in now is much different from where he settled in 1960.

Even though there was less art, and less diversity there was a quality that instantly appealed to him.

"I found a uniqueness and a friendliness you just don't find everywhere," he remembers.

He speaks with pride about the expansion of culture in the city appropriate given how much he had to do with it.

"I think arts in the city have quadrupled. Look what the city has to offer for someone who wants to move

here," he says.

Despite his roots south of the border, leaving Saskatoon was never a thought for Kaplan.

"People used to ask me all the time when I was going home. This is my home. Home is where the heart is."

alexandria@freemove.com
twitter.com/alexandria

Keeping Warm Efficiently

How to insulate your house quickly



by Scott McMillen

The Canadian climate gives us four unique seasons with a significant range in temperatures and humidity. This presents a challenge for heating and cooling, but insulation can be the best line of defence to ensure a comfortable home year-round. Proper insulation will keep you warm throughout the winter and cool in the summer.

On the other hand, a poorly insulated home can result in wasteful expenses. In the winter, there are a few signs that your house does not have adequate insulation, including:

- Walls that are cold to touch
- Cold floors
- High heating costs
- Uneven heating levels within building
- Mold growth on exterior walls
- Heat spots on your roof after a fresh snow fall

To make sure you keep as much heat in as possible and reduce your

energy waste, now is the time to reinforce your house. The attic can be the greatest source of heat loss, so a simple solution to enhance your home's energy efficiency is to top-up your existing insulation in that space.

Over time, attic insulation may settle or compact, creating gaps and voids in R-value, but with the right tools, fixing and upgrading is as easy as DIY project. Opt for an easy-to-use loose-fill or wool insulation, such as a product called Fibra-Rock®. It is designed to be spread by hand throughout the attic on top of the existing insulation.

To apply it simply open the bag, pour the insulation, with your hands (don't tug) and spread it over the existing insulation. Make sure you fill in spaces around ducts, wiring and piping, converting these awkward spaces into energy saving ones.

Scott McMillen is a full-time real estate manager, contractor, television host, writer and educator.

QuickTips

Keep your furnace in top shape

As the winter months inch along, Canadians can take simple steps to make sure that the temperature inside the home doesn't drop with the weather outside, so to know:

CHANGE THE FILTER ON A REGULAR BASIS Your furnace's filter can get dirty and clogged. If it is dirty, the optimum amount of air isn't getting to your furnace and the air quality in your home decreases. A dirty filter also forces the furnace to work much harder.

UPGRADE TO A PROGRAMMABLE THERMOSTAT This will save you money without sacrificing your comfort. Your furnace will work less, saving you more.

GET A TUNEUP Have a licensed technician perform an inspection to identify any issues and prevent a costly repair.

PROTECT YOURSELF Install carbon monoxide detectors on every level of your home and in each bedroom.

Why take a risk this winter? Refresh your furnace and fight the freeze together to ensure that you and your family stay warm. More information is available online at www.dancoaster.ca

SaskEnergy tips for replacing your furnace

When replacing your furnace, it is important to choose one that is the right size for your home. A furnace of the proper size will operate more efficiently and, for your sake, you may be heating throughout the season and provide more continuous heating, resulting in a more comfortable environment.

It is important to note a furnace's efficiency when considering its BTUs per hour input. For example, a 120,000 BTU per hour furnace of 65 per cent efficiency will only provide 80,000 BTUs per hour of usable heat, while a furnace with 90 per cent efficiency will provide 90,000 BTU per hour. As a result, when you buy a more efficient furnace, you likely won't need to buy one with the same input as your current unit. To find out how many BTUs per hour your furnace should be, have a qualified heating contractor perform a home heat loss calculation.

Before replacing your furnace, talk to your SaskEnergy Network Member for a selection of various gas heating equipment and convenient financing options (FICO). Visit saskenergy.com for a list of SaskEnergy Network Members.



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FASHION

What's your winter style?
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#SASKATCHEWAN FASHION

Don Rice: Sporting two looks from his collection

By Michelle Berg

StarPhoenix sports staffer Don Rice has been collecting sports memorabilia for more than 30 years.

His collection started with a program from a game in the 1970s and a Montreal Expos Gary Carter autograph (1981) is part from these.

Now the only time he is seen without a foam shirt, jersey or skirted sweater is when he is reporting at an event. "It feels weird these days. I have way more sports clothing than normal stuff."

His two favourite teams are the Montreal Expos and the Saskatchewan Roughriders.

Rice has an extensive collection of Don Laffore memorabilia including plaques worn when he sat the all-time Montreal Expos stolen base record with 11. Laffore is Rice's favourite Expo because he put him hooked on the game of baseball. "I'm such a big Stan LeFlore fan — he was such a damn base runner."

Another piece that stands out is his game worn "all time greatest catch" Gary Carter jersey.

Rice accumulated the majority of his Roughriders attire when they won the Grey Cup in 2007 and it's continued ever since.

"I have all four Grey Cup represented in shirts which I had on all at the same time after they won." This included shirts from 1966, 2000, 2003 and a hoodie from the Grey Cup win in 1966.

Since the Riders won the Grey Cup on Nov. 24, Rice hasn't gone a day without at least his Grey Cup Championship shirt. "It is weird to be a winner until it's a day without wearing at least one thing with the Rider logo. He goes to shirt at the moment is the one picturing Durant holding up the cup. 'I'd wear this one every day if I could'."

GREEN ROUGHRIDERS OUTFIT

1. GREEN RIDER TOQUE

2. SHIRT: Gerdin Durant holding the 2013 Grey Cup

3. ZIP-UP HOODIE: With retro Riders logo. "I fell in love with this. It has all the years the Riders won the grey cup (except 2007)"

4. WINTER JACKET: With an added Riders logo

5. RICE MITTENS: "I like the goalie things. The bigger the better."

6. GREEN RIDERS SNOW PANTS: "When I add the green pants to the outfit I get a lot of ribbies."

7. 2007 GREY CUP CHAMPIONS BINDS: "They sold these to fans. I'm hoping they will again this time."

MONTREAL EXPOS OUTFIT

1. HAT: Custom made 1961 N.E. cheerleaders. "They had a custom hat year set head. These made just before so no one out to the museum."

2. JERSEY: Gary Carter's 1980 game worn jersey

3. JACKET: 1994 game worn

4. BUCH: Used a game home LeFlore's clock days

5. MUD-GLOVE: With LeFlore's name on (boxed)

6. CLEATS: Game worn from 1980 when Stan LeFlore sat the all-time Montreal Expos stolen base record with 91"

Don Rice in his sports attire. BRIDGES PHOTO BY MICHELLE BERG

READ MY BOOK

#ASHLEIGHMATTERS

McKay merits spot in Herstory

While working on the 2014 edition of Herstory: The Canadian Women's Calendar, I became enraptured with a woman who died the year after I was born.

Anna Maida McKay was the first Métis and First Aboriginal woman to graduate from the University of Saskatchewan. She paved the way for other women at the U of S as the first female editor of the student newspaper the *Shield*, and was one of the founding members of the U of S Alumni Association.

She also travelled through north-west Saskatchewan, established women's teams played hockey and wore pants at a time when few other women did so. Researching Maida's life, I felt like I knew her. I felt like maybe we would

have been friends if we'd lived in the same time. I cried when I read about her death, even though she died decades ago.

The Herstory calendar is full of inspiring, shared women like Maida. Each week features a biography, poem, work of art, photograph, or topic page about and by women.

Women have always played an integral role in Canada, but most history books feature so few women, they would lead you to wonder if that

is in fact true. The Herstory calendar highlights the amazing Canadian women whose stories have been largely ignored.

The 2014 edition features bios about Saskatoon-based community organizer Ruth Robinson, poet & Pauline Johnson, author Norma Boyd, entrepreneur Delf Tocco, musician Marjorie LaRue, and Olympic Women's Hockey player Jennifer Hall. Lorna Crozier, and Shantay Grant, artwork by Leanne Marchand, Sarah Levitt, and Catherine Miller as well as topic pages and historical and contemporary photos.

The calendar is created by the Saskatoon Women's Calendar Collective, established in 2003 with the goal of sharing a light on women and women's

achievements in Canadian history. The first issue was published in 2004, so the 2014 issue marks the 10th anniversary of the calendar.

The collective is moving into a new era, with members recently joining who weren't born yet when it was formed — myself and others. The world is ready leader to women now, then when the collective was formed, but the need to highlight women's stories still exists.

In Saskatoon, the calendar is available at Coles stores, the SaskMo Museum, MacKenzie's, and McNally's Hardware. In Regina, the calendar is available at Coles, Traditions Food Craft Outlets, and the Ontario Bookstore. It also can be ordered online through the Coles website.

LOCAL AUTHORS:
Writers tell us what makes their book worth reading



Ashleigh Matters



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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

Bedroom gets a curated new look

By Ashley Martin

WHO? Chloë Dunbar, her husband Jay and their two little kids

WHAT/WHERE? The master bedroom of their east Regina bungalow

WHEN? They've lived here eight years and in that time have renovated the entire main floor. The master bedroom was the last project Dunbar, an interior designer, tackled. It took about eight months to finish.

WHY? Her old bedroom was dark and dated and didn't fit with the rest of the house, which has a light and airy feel. Plus, in her job, Dunbar felt like she deserved a beautiful bedroom.

HOW? It was a simple renovation — she just had to paint and put the pieces in the room to create a completely different look.

Aside from the headboard, bed and light fixture, every piece in the room is second-hand, which is why the renovation took so long. She found three throw pillows from a consignment store and a lamp from a garage sale.

"It just had to wait till I found those well-priced magical pieces."

Dunbar's love of second-hand items is all about the thrill of the hunt. She can get quality furniture for a fraction of the price, like her low-chamber solid wood dresser that cost \$30 at a garage sale.

"You can find really cheap pieces that look great."

PHOTOS BY BRUCE SCHROEDER



NEXT WEEK: Is a vegetarian/vegan diet unhealthy for children? Email bridges@thestarphoenix.com

#PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked

What do you think of vaccinations?



I believe in vaccinations. Both of my adult kids are current and up to date, as are I. We have never pursued ever & above the basic recommended medical. — Judy S.

"We just had our two month-old vaccinated and all my other children have also been vaccinated. I personally feel the benefits outweigh any possible side effects or making no vaccinations at all. We make educated choices that work for us and are not ruled by fear." — Alysa Corrochales

"Vaccinations are a vital in ensuring diseases

that once killed our families remain eradicated from Canadian soil. My children have always been vaccinated because for me the small risk of potential side-effects far outweighs the risk of the diseases they could contract otherwise. Our family spent a great deal of time at Disneyland before the first year of my boys' lives, seeing children who couldn't get vaccinated because of immuno-suppression and the fear their parents lived with every day reinforced the importance of vaccinating my children not only to protect them but the children who can't be vaccinated. — Michelle Grottsch

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GARDENING

ALL-AMERICA SELECTIONS

The winning vegetables for 2014

By Erl Sverdland

All-America Selections (AAS, www.AllAmericaSelections.org), a non-profit organization, has been testing and providing unbiased recommendations for new flower and vegetable varieties for more than 80 years. Plants are tested in several locations around North America including some locations in Canada. In past years, plants had to perform well in all locations to be awarded the coveted AAS stamp of approval. This year they've added regional winners to account for geographic and climatic differences. Last week I described the 2014 winning flower cultivars; this week we're on to the vegetables.

'Marcelle' is a compact (15 to 34 inches tall x 18 in wide) bush green bean, equally at home in containers as in garden beds. Long, slender strings pods are held tight above the green foliage like tiny pendulums. Plant two to three inches apart with rows spaced 12 in apart. For season long picking, plant as soon as the danger of frost is past (late May/early June) with successive sowings two weeks apart until July. Days to harvest from planting are 60 days.

'Puck's basket' is an early, first harvest, semi bush (30 to 34 in tall x 16 to 20 in spread) cucumber ideally suited for northern areas like Saskatchewan. Plants produce up to 15 to 20 cucumbers. Fully mature fruit are 3 to 6 in long. Picked early they make great pickles either as gherkins or larger but they are also excellent fresh in salads, having a firm texture and sweet taste. Because of their compact size you can grow them in containers as well as in the garden. Plant in full sun, apart after the last frost. Cucumber staking or building to save space and keep the fruit off the ground. Fifty days to harvest.

'Mama Mia Grillo's' peflow sweet pepper produces several shaggy-seeded pods in 6 to 11 fruit per plant. A fairly sturdy plant at only 30 in tall

it may require staking in windy areas. In Saskatchewan, start indoor to transplant in early June, 15 in apart in rows three feet apart. Pick fruit when fully yellow for best flavor; 65 days to harvest. Roast fresh, grilled or roasted.

With a name like 'Candor's' Carriage, it would only be a pumpkin. Vigorous vines produce as many as five to seven large (16 to 24 lb.), flattened (18 to 28 in. diam.), mottled-orange fruit per plant. For the lucky gardener, an occasional pale pumpkin is produced. Sow three seeds per hill directly in the ground (transplant not recommended) in late May/early June, two to three feet apart. It can be used for fall decoration but is also great indoors as a vegetable or as a salad. Flavor is described as sweet and nutty — yum! Harvest when the skin loses its glossy sheen, about 100 days after sowing.

This year, three tomatoes made it to the finals. First is 'Chef's Choice Grosse', an indeterminate vine (re quins) that produces 50 plus large, bright orange beefsteak tomatoes 10 days after transplanting. Firm, consistent of heritage cultivars. The fruit is described as "the best shaped" with sweet, mild flavor and firm texture that's great fresh or in sauce and soups. Next is 'Fantastico', producing up to 12 lb. (300 fruit) of deep red grape tomatoes on a compact determinate bush. It does equally well in containers, hanging baskets and in the garden — use a cage if growing in the ground. Harvest starts as early as 30 days after transplant! Rounding out the trio is 'Mountain Merri', a vine of around 4 ft tall, medium sized tomato ideal for slicing, salads and sandwiches. Up to 30 fruit are produced on bush-type plants; first harvest about 15 days after transplant. All three plants have good to excellent resistance to various diseases with the latter two having some late blight tolerance. As with all tomatoes ensure soil is kept evenly moist to prevent blossom end rot, a nutrient deficiency problem caused most frequently by drought stress.



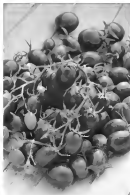
The Candor's Carriage (pumpkin) SUBMITTED PHOTO



The Rich & Rich® Cucumber



The Mama Mia Grillo's yellow sweet peppers



The Fantastico Tomato

of the Saskatchewan Perennial Society (www.saskperennial.ca), hortense

Upcoming events
Jan. 22, 9:30 p.m. — Let's Talk Turkey! Set back and enjoy the historical, culture and history of Turkey

through Julie Bast's eyes as she takes you on a virtual tour of her recent treks: Emmanuel Anglican Church, 600 Dufferin Ave. (Saskatoon) Go to the backdoor and down the stairs to the basement. Hosted by the St. Basil's Society. Free.

OUTSIDE THE LINES

HAPPY BIRTHDAY ROBBLIE



Colouring contest

Each week Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to whisper@theftsprom.com. One winner will be chosen each week.



Last week's contest winner is Presley Sand. Thanks to everyone who submitted entries.



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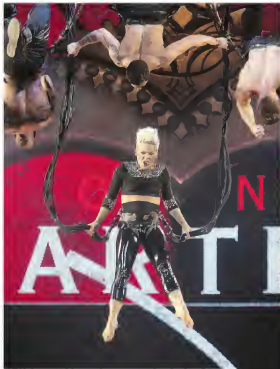
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ON THE SCENE

#PINK'S TRUTH ABOUT LOVE TOUR



When Pink came to Sesquiaboo on Jan. 15, fans got much more than an average pop concert. The Raise Your Glass singer combined high-flying acrobatics — which had her dangling from the rafters of Credit Union Center — with killer live vocals and a stage so elaborate even Cher would be envious.

1. Kerlin Bencoske and Raylon Everson

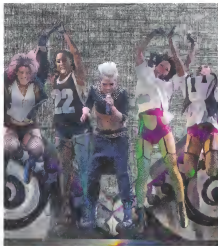
2. Morgan Grywacheski, Nicole Wright, Amanda Holmby and Stacy Usher

BRIDGES PHOTOS BY GORD WALDNER



Two major concerts for Saskatoon were announced last week. On Aug. 28, Katy Perry will return to Credit Union Centre as part of her Prismatic world tour. As well, Bruno Mars has added a leg to his Moonshine Jungle world tour, including a performance in Saskatoon on Aug. 3 at Credit Union Centre.

THE LTPRIDE.SCOM/PRIDE02



3. Jessica Lukon and Melissa Kuchig
4. Trevor Moore and Amy Miller
5. Johannes and Julien Hodges and Taylor Hill
6. Gentry Jensen and Shavina Erdreich
7. Tavi Rudy, Jessica Brook, Amber Burns and Amanda Kotschewski
8. Shafene White and Priscilla Yunech
9. Danyela Kozlova and Rachel Richardson



ASK ELLIE

Therapy may be the only option for troubled couple

Q. I'm 55, and my wife is 15 years in 31. We have two great kids, seven, and 12.

Three years ago, she had an affair with someone from our trailer park. He was a drunk with big muscles and tattoos. I watched her follow him around happily for three years before the affair began.

She slept with two other guys from the park (once each). Bore with big fistic, and she's once quit drinking.

We've seen a counselor once. I've gone myself. Both therapists said I couldn't resolve anything unless she'd participate. She never did.

Soon after it all came out, she said I should let it go, the past is past as discussed.

She often complains about our sex life, and almost never comes on to me. She says it's the man's job, although she shared this other guy.

We have sex four to five times a week and I'd always thought it was good.

Once I felt grossly betrayed to her since I was 15. Now I feel like a fool.

Ask Ellie



She'd checked on me early on, but I felt it'd be different once we got married.

She's finally agreed to go to a therapist with me. She brought it all up and I went off. She now realizes that I've been hanging on to a lot of anger.

My problem: I don't know what she can handle. I have a lot to say. I think about cheating all the time. Not for revenge, but because I want to feel someone's having sex with me because they want me, not because I'm the only option. I want to have something to compare our sex to.

I fear therapy may make things worse. Our relationship's almost per-

fect, other than sex and this other. What's not said is key in therapy?

Thinking Ahead

A. You can't get "past the past" by holding back your feelings of hurt, sexual dissatisfaction, and anger. She can't get past her part by refusing to hear those feelings.

Yes, therapy can make all this up. But it's likely the only way you'll manage to stay together without you cheating in search of affirmation (don't always work), and her going back to cheating and taking you for granted.

Describe what you can handle — a few more years at best of feeling in sync with her, and witnessing of some new guy comes along? What about the effect on the children's home environment?

Or, a chance to discover whether she can confront her own demons? And the possibility you can recreate your relationship — maybe.

Q. I love my wife of eight years. We have three children. My parents

and my wife don't get along.

Recently my parents took the kids for a weekend and they fought in front of them. My son, nine, said he didn't like being alone with them.

Now we're having a hard time letting them go anywhere with my parents alone.

They're questioning my parent say. I don't want the children exposed to that.

Am I Wrong?

A. Your kids' emotional well-being is a priority, and sometimes negatives putting limits on negative influences, even from your own parents.

It never hurts to reflect on your own parenting skills but, when uncomfortable with your parent decisions with your wife, you must stand firm.

Tell your parents you love them, but they must respect your wife, and your boundaries. They must not make children uncomfortable with fights in front of them. If they persist in doing so, they can only wait with them when you and/or your wife are present.

Q. I'm 15, and tell my boyfriend was having interest because he was talking to another girl. I asked him about it as an ask for, but other people showed us. It became a huge issue for which I'm blamed.

I told one friend about my question. She told my boyfriend AND THE ENTIRE SCHOOL. He betrayed her that I was "lying," and dropped me. I'm now afraid to talk to him. All his friends hate me. I've gained weight since, he probably won't want me back.

Betrayed Teen

A. You've learned a tough but important lesson — nothing online is truly anonymous or private. Not revealing personal "secrets" is usually the best policy.

This episode will pass. If you stop stressing, and work on firming up your self confidence. Your ex-girlfriend didn't believe you, so he's not so great. Your "friend" was untrustworthy. It's your own self-esteem you need to get certain about. Talk to your parents for their support.

Next week in BRIDGES

Art therapists like Felicitas Drobig are improving mental health through creativity



#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Good of day
 4 Support security system's design
 12 Book in a line
 14 Carpenter's copland
 15 Outsmart Al Pacino's friend
 16 What the heck
 17 Phrase from a governor?
 20 Ordeal, say
 21 Car's first with
 22 "Twelve Angry Men"
 23
 24 Note for Latin dance
 25 Art, military honor
 27 Puerto Rican
 28 Sounds from nature
 30 It's (what) in a fire drill
 31 Book in a
 32 Phrase before a future date
 34 Name a method?
 41 Machine that "yacks" into it?
 42 Cartilage
 44 "Something a cotton is (what)"
 46 Drought-dried
 50 Effect of older rates at a 1993 hit
 51 Cops and Cops
 52 Double-decker in
 53 Musical guitar style
 54 Term
 55 "Season of autumn and ice"
 56 As you see it
 58 Cuts a Godefrid's study
 59 "I really" in a hymn note
 60 Longhorn's old hat
 61 L. R. to continents
 62 "I really" in a hymn note
 63 Like the sound of buttons
- DOWN**
 1 Last call
 2 Direct labor cost

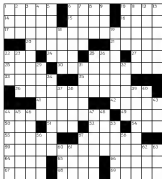


PHOTO BY JEFF KOSLO

- 3 Carle on "Sex and the City"
 4 Tennessee's
 5 Canada's habitat
 6 Synonym of thence
 7 Knowledgeable
 8 Wordless word
 9 Scheduled to deliver (it)
 10 James (Deywood) role
 11 Roaring
 12 Reminiscent
 13 Board of two saucers and shells
 14 Live of Michael Caine
 16 Sable like "The ... & A Busy Beaver"
 18 Baseball catch on roller machine
 20 Source of amusement for the short
 21 "Ah, 'Twas I who let the dogs out" (play)
 22 "Back event"
 23 Throw off
 24 French make a deal
 25 Literally say
 26 Favored flavor
 28 A reward of meagre and shells
 29 Whisking out
 30 Portland puns, briefly
 32 Inexpensive looking
 40s
 43 Marked of literary
 44 Several's reputation
 45 "Hugobon" setting
 46 One of "The Philadelphiad"
 47 One's sister
 48 Under
 50 Do a sheepskin look
 54 "Classical" old style
 55 Web post
 56 In an
 60 Notion's a rule
 61 Ten off
 62 Empty (or)
 63 A cipher needs one

JANRIC CLASSIC SUDOKU

Level: SILVER

All in the blue cell are given numbers. In 5, each number can appear only once in each row, column and 3x3 block. Use logic and arithmetic to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle can be found on Page 27

Saskatoon Concert Band

Méndez and Mexico

Saturday, February 1, 2014, 7:30 p.m.

Robert Hall Castle Theatre
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Adults: \$15-30 Children/Students: \$10-20
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What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

The Canadian Brass
Jan. 23, 8:00 p.m., at Royal
Theatre. A look at the Canadian
Brass. Five tremendous
brass musicians — each a
soloist in his own right —
form this legendary Canadian
Brass.

**Writing North 4: Recipes,
Rogues & Outlaws**
Jan. 23, 23 of Tuesday's *Twelve
Theatre*, ArtsSquare 241
at the U of S. A three-day
writers' festival that targets
aspiring writers and anyone
interested in writers and
books. With presenters
Catherine Bush, Rosemary
Nixon, Alex Pines and her
tupme Strickland. There is no
charge. Visit writingnorth.worpress.com or www.alextrist.com

**Seaskoon Soaps Improv
Comedy**
Jan. 24, 9:30 p.m., at Ennel-
way Theatre. The improv
comedy troupe brings laugh-
ter to the stage.

Robbie Burns Supper
Jan. 25, 6 p.m. cocktails, 7
p.m. dinner, \$30 p.p., under-
takes, at West Bank's Inter-
ior Centre, 219 First Street. On
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the North Saskatchewan
Recreation Parks and Drama
An evening of Scottish arts
and crafts. For reservations
call 306-244-1128 or 306-
343-8407.

Robbie Burns Night
Jan. 25, 6:30 p.m., at Pen-
tline Lecture, 3020 Lusk
St. A legion fundraiser. A tradi-
tional feast, a traditional
pipe, and music by Ann
and Deven.

**2014, 63rd Elsie Linn Ben-
cavo**
Jan. 25, 6:30 p.m., at Dakota
Dunes Casino, 304 Dakota
Dunes Way, Whittaker.
A dinner show. Celebrate the
arrival of the Year of the



With warming weather over the weekend and snow, people wanted to play on the ice at the WinterFest Festival at the Seaskoon River
on Market, February 2-3, 2014. (Photo: Heather Smith/Phoenix)

Horse Featuring Kung Fu
Talia dancing and the Lion
Dance.

Winter Interlude
Jan. 25, 7:30 p.m., at Christ
Church Anglican, 315 26th St.
W. The Seaskoon Philhar-
monic Orchestra performs
featuring Arlene Shapelt
on French horn. Works by
Saint-Saëns, Mozart, Beir-
jamin, Dvorak, Brindell and
Vivaldi.

**Petash Corp. WinterFest
Festival 2014**
Jan. 25 to Feb. 2 at the Sea-
skoon Farmers' Market and
their Landing. Featuring an
ice park, winter playground,
sleigh rides, international ice
carving competition, and the
Warm the Heart Soap Cook-
Off. Visit [www.petash-corp-
winterfest.ca](http://www.petash-corp-
winterfest.ca).

Brick Show
Jan. 26, 11 a.m. to 4 p.m., at
Pavilion Park. Presented by
Seaskoon Brick Show. Pre-
sented by Seaskoon Brick Show.
With a fashion show at
2 p.m., vendors and prizes.
Visit [www.seaskoonbrick-
show.com](http://www.seaskoonbrick-
show.com).

**Maureen French Spirit —
Your Destiny Revealed**
Jan. 26, 7 p.m. to 4 p.m., at
Orlando Event Centre, 441
Second Ave. S. Live gal-
lery style demonstration of
mediumship by psychic
medium Barb Powell &
Angela Gohl.

Black and White
Jan. 26, 2:30 p.m., at Sea-
skoon Symphony Community
Centre, 406 20th St. W.
Players Chase Series. With
the Seaskoon Symphony
Chamber Players. Works by

Verdi, Schubert, Huang and
Mozart.

ABElliott
Jan. 26, 3 p.m., at Grosvenor
Theatre. Presented by the
Seaskoon Jazz Orchestra.
The evening suite and
piano music of Duke Elling-
ton and his orchestra. Feat-
uring pianist Jeff Mulvey,
trumpeter and past Duke
Ellington band member Bud
Shapiro, saxophonist Mark
Dewar, and drummer Jon
McCaslin.

**Fox Evening of Film and
Discussion**
Jan. 27, 7:30 p.m., at Grosse-
Pointe-Windsor United Church.
"The Man Who Planted
Trees" by Frédéric Back.
Narrated by Christopher
Plummer. An animated fi-
lmmation of hope and faith.

In this human spirit

THEATRE

Stoneberries in January
Jan. 22 to Feb. 3 at Pen-
nephore Theatre. Love,
concoction, and sensa-
tional comedy route for an
incredible combination in
this charming love story by
Sylvette de la Chesnais.

SPORTS

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Jan. 24-26 at Clarence
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FOOD

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FOOD TRENDS

Be wary of athlete-plugged food

Products get thumbs down from experts

By Dr. Peter Nieman

Advertising foods and beverages is a big business. Advertisers spend more than \$2.5 billion per year to promote restaurants and another \$1 billion to promote food products. Using athletes to market products comes at a price since food companies are happy to pay.

Nike Bryant, an influential NBA player earned close to \$1 million per year from his endorsement contract with McDonald's, according to the journal *Pediatrics*. Peyton Manning, one of the top NFL quarterbacks in recent times, reportedly earned \$10 million per year from contracts with food and beverage companies.

In a recently published study done by geographers and historians such as Yale, Harvard and Stanford, researchers combined their skills. They tried to dig deeper into the type of foods professional athletes endorsed and needed to see if it actually influences behavior.

The paper was published in *Pediatrics*'s November issue. Its researchers looked at the top 100 professional athletes selected on the issue of *Bloomberg Businessweek*'s 2016 Power 100 rankings. They looked at all product endorsements but particularly for foods and beverages.

They used a Nutrient Profile Index to assess foods for their acids, fats, water-soluble fats, sugars, sodium and fiber content. Nutrition data was used to determine how many TV advertisements for athlete-endorsed food and beverage products were viewed by individuals in different age groups in 2015.

Of the 100 brands endorsed, food and beverage ads represented 81 per cent, which was second to sporting goods and appeared at 81 per cent of all brands represented.

Close to 80 per cent of the food products athletes endorsed were ads for energy dense and nutrient poor foods. Of the 61 advertised beverages, 65 per cent had 100 per cent of calories from added sugar.

The athletes who had the most endorsements for energy-dense and nutrient-poor foods was Manning, followed by LeBron James and Serena Williams.

Manning endorsed products such as Gatorade, Wheaties, and Pepsi. James endorsed McDonald's products, Pilsneric and Vitamin water. Williams endorsed Kraft Oreo products.

Two surprising findings: adolescents use more athlete-endorsed food commercials than adults, and parents perceived athlete-endorsed food products as healthier than non-endorsed products.

The current use of influential professional athletes in ads to endorse unhealthy foods and beverages will be difficult to change. The fundamental question will always be where society finds the line between how much is in paid for by government and allowing the free enterprise system to function on its own.

Dr. Nieman is a community pediatrician, a clinician at the Calgary Night Management Centre and a marathon runner.



Peyton Manning is among the athletes who endorse energy dense and nutrient poor food research published in the journal *Pediatrics*. Credit: ERIK SHANKS/GETTY IMAGES

WINE WORLD

#COLUMBIA VALLEY CABERNET

This is a Cabernet worth drinking right away

By James Romanow

In the last five years the wine palate has changed completely. I think this is the first stage in the democratization of wine. The push was provided by Apolitic, a red wine that first went No. 1 with a bullet.

Wine makers have been seriously rethinking their products in recent years. Wines that were once built to survive three years in the cold of a mailing room en route to India or 30 years in the cellar of a Lord's mansion are now being regularly consumed with in a couple of years of making. The vintners can't afford to inventory wine for 30 years or so. Virtually no consumers keep wine that long. So what is the point of their highly touted, more like traditional Bordeaux?

Cabernet is the king of Bordeaux and a difficult grape to grow. Picked too young it is too tart. It is always high in tannins. Although valuable wine tastes drink the most, very few really like it.

Enter the Columbia Valley, a desert that depends on the river for irrigation. The result is a very ripe Cabernet. If the growers want to pick at that way, however, although this New World style is very appealing it still represents problem for most drinkers.

Enter Chateau de Michelle, the dean of



Washington vintners. Their Columbia Valley Cabernet is a very fine line between Apolitic and the genuine Cabernet lovers. They have tucked the tannins into a delicious, making for a smooth wine. They've also followed the new style in pulling the acidity very down.

All in all it is an interesting wine, a step up from Apolitic but not for a Bordeaux lover.

Chateau de Michelle Columbia Valley Cabernet, Georgetown, USA, \$61.99 ***

More great wines in Monday's paper or on Twitter @jromanow.

Crossword/Sudoku answers

RUBRA	WAND	EBON
AARON	ATTU	TORE
AWARDOFTHE	STATE	
DEEPEN	HATER	
PRS	SIP	DSO
AAHS	ESCAPE	PLAN
SHAPE	USFBI	
AWAYWITH	WOROS	
DEER	NCRO	
ISAAC	CLARA	AT
MTA	ALB	BUS
PARIS	SASHES	
ALIGHTINTHE	DARK	
LANA	TRAE	AGGIE
AGED	PETS	BEEDY

6	5	2	4	3	8	7	1	9
9	8	3	7	1	6	2	5	4
4	1	7	2	5	9	8	3	6
8	2	5	6	4	1	9	7	3
3	4	9	5	7	2	6	8	1
1	7	6	8	9	3	4	2	5
2	3	1	9	8	4	5	6	7
7	6	4	3	2	5	1	9	8
5	9	8	1	6	7	3	4	2

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Presentation

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